

DAY 1	DAY 2	DAY 3
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
pork sausage links	pork sausage patties	turkey sausage patties
breakfast burrito (2 types 1 no pork)	egg & cheese on muffin/biscuit	sausage and biscuit
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
hashed brown potato	cottage / home fried potato	grilled potato patties
		rice
hot oatmeal (bulk)	hominy grits	hot oatmeal (bulk)
indiv variety hot cereals	indiv variety hot cereals	indiv variety hot cereals SOP
french toast	pancakes	waffles
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup blueberry	syrup cinnamon-apple	syrup boysenberry
hot cross bun	irish soda bread w/ vanilla sauce	raisin cinnamon bread or twists
applesauce cinn crumb top muffin	date nut bread	applesauce blueberry muffin
baking powder biscuit	English muffins, asst'd white/wheat/cinn-raisin	cheese biscuits
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

DAY 1	DAY 2	DAY 3
BREAKFAST	BREAKFAST	BREAKFAST
Quaker Life	Quaker Toasted Oatmeal Squares	GM Total Raisin Bran
GM Multi-grain Chex	GM Multi-Grain Cheerios	Kellogg's Mueslix
Post Raisin Bran	Kellogg's Frosted Mini Wheats	Post Honey Nut Shredded Wheat
Kellogg's Smart Start	Banana Nut Crunch	GM Team Cheerios
GM Honey Nut Cheerios	GM Lucky Charms	Kellogg's Apple Jacks
Kellogg's Sugar Frosted Flakes	Post Alpha-Bits	Quaker Cap'n Crunch
peaches	pears	grapefruit
banana	banana	banana
apple, red delicious	apple, mcintosh	apple, yellow delicious
pear, red/green anjou	orange, navel	peach/nectarine
orange juice - 100%	orange juice - 100%	orange juice - 100%
cranberry-apple juice	grape juice	pineapple-grapefruit juice
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce

DAY 1	DAY 2	DAY 3
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
chili con carne	chili con carne	chili con carne
soup - vegetarian vegetable	soup - onion	soup - mushroom
soup - Zesty Bean	soup - Turkey Vegetable	soup - Texas Tortilla
hamburg/cheeseburger	hamburg/cheeseburger	hamburg/cheeseburger
hotdog/chili dog	hotdog/chili dog	hotdog/chili dog
	grilled sweet italian sausage	tacos
	jamaican jerk chicken on kaiser	beef gyros
grilled ham & cheese - vary bread		grilled tuna & cheese
fishwich on bun		
BBQ chicken	chicken tenders w/ dipping sauce	Fried chicken fillets
pizza- 4 cheese ; pepperoni	calzone - sausage ; cheese	ravioli - choice of beef/cheese
Bacon, lettuce & tomato sandwich	roast beef & cheese rollup	chicken caesar rollup
Cold cut & cheese on bulky roll	turkey & ham w/provolone sandwich	garden vegetable wrap

DAY 1	DAY 2	DAY 3
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
sandwich - peanut butter & jelly	sandwich - peanut butter & jelly	sandwich - peanut butter & jelly
egg salad sandwich	tuna salad -vary bread	chicken salad pita sandwich
french fries	french fries	french fries
onion rings	onion rings	onion rings
chips - potato w/ flavor options	chips - potato w/ flavor options	chips - potato w/ flavor options
chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine
nacho cheese sauce	asst'd dipping & nacho cheese sauce	nacho cheese sauce
baked potato bar	baked potato bar	baked potato bar
sliced tomato, onion, pickles, lettuce leaves	sliced tomato, onion, pickles, lettuce leaves	sliced tomato, onion, pickles, lettuce leaves
salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 1	DAY 2	DAY 3
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
apple, red & yellow varieties	pear	orange
apple cake brownies	chocolate chip cookies	carrot cake cupcake cr ch frosting
gingerbread cookies	lemon pound cake	crisp toffee bars
soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties

DAY 1	DAY 2	DAY 3
LUNCH	LUNCH	LUNCH
soup - vegetarian vegetable	soup - onion	soup - mushroom
soup - Zesty Bean	soup - Turkey Vegetable	soup - Texas Tortilla
barbeque beef	grilled ham steak	veal jaegerschnitzel
turkey cutlet	cajun baked fish	savory baked chicken
chef's salad (encourage 3rd entrée)	swedish meatballs (encourage 3rd entrée)	pasta toscana (encourage 3rd entrée)
baked macaroni & cheese (optional 4th entrée)	vegetable stir fry (optional 4th entrée)	potato frittata (optional 4th entrée)
turkey gravy	brown gravy	mushroom gravy
cranberry jelly/sauce	soy sauce	parmesan cheese, red wine vinegar
mashed potatoes	o'brien potatoes	hot potato salad
mexican rice	orzo, lemon & herbs	nutty rice & cheese
baked potato bar	baked potato bar	baked potato bar
herbed green beans	peas & mushrooms	Brussels sprouts
carrots	broccoli	green beans parisienne
asparagus	yellow wax beans	german sauerkraut
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
		cranberry orange relish
jellied cranberry-orange salad	cottage cheese & apricot salad	cole slaw with vinegar dressing
salsa pasta salad	carrot celery & apple salad	spinach & mushroom salad

DAY 1	DAY 2	DAY 3
LUNCH	LUNCH	LUNCH
apple, red & yellow varieties	pear	orange
plum, japanese Formosa/satsuma	cherries, sweet bing/benton/rainier	honeydew melon
jalapeno corn bread	baking powder biscuits	potato rolls
whole wheat, rye, pumpernickel, whole white bread	whole wheat, rye, oatmeal, whole white bread	whole wheat, potato, pumpernickel, whole white bread
peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil
Dutch apple cake	chocolate macaroon cake	carrot cake w/ cr ch frosting
gingerbread cookies	lemon pound cake	crisp toffee bars
Chocolate cream pudding	cherry gelatin	bread pudding w/ hard sauce
choc-van dixie cup ice cream	mint chocolate sauce/vanilla ice cream	ice cream sandwich
blueberry crisp	apple pie	chocolate mousse pie
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 1	DAY 2	DAY 3
DINNER	ASIAN	MEXICAN
soup - vegetarian vegetable	soup - onion	soup - mushroom
soup - Zesty Bean	soup - Turkey Vegetable	soup - Texas Tortilla
	appetizer: egg rolls	appetizer: jalapeno poppers
grilled pork chop	szechwan chicken	mexican turkey wrap
baked salmon	teriyaki beef strips	enchiladas & beef fajitas
spaghetti w marinara or meat sauce (encourage 3rd entrée)	sweet & sour pork (encourage 3rd entrée)	taco salad (encourage 3rd entrée)
southwest sweet potato, black beans, corn (optional 4th entrée)	vegetable curry w/ rice (optional 4th entrée)	quesadillas (optional 4th entrée)
		nachos w queso/cheese sauce
mushroom gravy		
parmesan cheese, red wine vinegar, honey mustard	soy & duck sauces, hot mustard	guacamole, salsa/enchilada sauce, sour cream
franconia potatoes	baked potato pancake	baked potato rounds
long & wild rice	steamed rice	southwest rice
baked potato bar	baked potato bar	baked potato bar

DAY 1	DAY 2	DAY 3
DINNER	ASIAN	MEXICAN
spinach	broccoli	hacienda corn & black beans
mixed vegetables	calico corn	ratatouille
cream style corn	cauliflower	pinto beans-refried beans
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
		corn relish, shredded lettuce, diced tomatoes, sour cream
fruit medley salad	golden glow salad	cottage cheese and pineapple salad
cole slaw	mexican potato salad	pickled beet and onion salad
strawberries	papaya/mango	plum
pear, Bartlett red/yellow	casaba/crenshaw melon	pineapple, fresh slices
toasted parmesan bread	parker house rolls	corn bread
whole wheat, rye, pumpernickel, whole white bread	whole wheat, rye, oatmeal, whole white bread	whole wheat, potato, pumpernickel, whole white bread
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine

DAY 1	DAY 2	DAY 3
DINNER	ASIAN	MEXICAN
Dutch apple cake	chocolate macaroon cake	carrot cake w/ cr ch frosting
blueberry crisp	apple pie	chocolate mousse pie
Chocolate cream pudding	cherry gelatin	bread pudding w/ hard sauce
choc-van dixie cup ice cream	mint chocolate sauce/vanilla ice cream	ice cream sandwich
gingerbread cookies	lemon pound cake	crisp toffee bars
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 4	DAY 5	DAY 6
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
canadian bacon	sliced ham	turkey sausage links
egg & cheese on muffin/biscuit	breakfast burrito (2 types 1 no pork)	sausage, egg & cheese on muffin/biscuit
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
baked potato pancake	golden potato balls	hashed brown potato (with gravy, rice)
hominy grits	hot oatmeal (bulk)	hominy grits
indiv variety hot cereals SOP	indiv variety hot cereals SOP	indiv variety hot cereals SOP
french toast puff	pancakes	waffles
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup strawberry	syrup pecan	syrup blueberry
pumpkin bread/muffin	snickerdoodle crumb cake	donuts, powdered sugar, glazed, cinnamon
doughnuts, longjohns & crullers	danish pastry bear claws	cran-apple muffins
corn muffin	English muffins, asst'd white/wheat/cinn-raisin	baking powder biscuit
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

DAY 4	DAY 5	DAY 6
BREAKFAST	BREAKFAST	BREAKFAST
GM Total Whole Grain	Quaker Toasted Oat "O's"	GM Total Corn Flakes
Kellogg's Special K	Kellogg's Product 19	Kellogg's Crispix
GM Wheaties	Post Fruit & Fiber	GM Multi-Bran Chex
Kellogg's Honey Nut Mini Wheats	Kellogg's Smart Start	GM Raisin Nut Bran
GM Cinnamon Toast Crunch	GM Golden Grahams	Post Marshmallow Alpha-Bits
Post HoneyComb	Quaker Peanut Butter Crunch	Kellogg's Fruit Loops
fruit cocktail	mandarin orange slices	pineapple
banana	banana	banana
apple, fuji	apple, rome beauty	apple, gala
muskmelon/cantaloupe	plum, japanese Formosa/satsuma	cherries, sweet bing/benton/rainier
orange juice - 100%	orange juice - 100%	orange juice - 100%
apple juice w/vit C	berry 100% juice w/vit C	cranberry-grape juice
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce

DAY 4	DAY 5	DAY 6
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
chili con carne	chili con carne	chili con carne
soup - split pea (no ham)	soup - vegetarian vegetable	soup - tomato
soup - Shrimp Gumbo	soup - Beef Noodle	soup - New England Fish Chowder
hamburg/cheeseburger	hamburg/cheeseburger	hamburg/cheeseburger
hotdog/chili dog	hotdog/chili dog	hotdog/chili dog
	grilled polish sausage	
roast turkey sandwich	steak & cheese submarine	chicken fajita pocket
cheese fishwich		fishwich
BBQ Chicken	Southern Fried chicken	Creole chicken qtrs
pizza - supreme ; ch & mushroom	stromboli - chicken & brocc; 4 cheese	pizza- 4 cheese ; pepperoni
mexican beef wrap	mexican turkey wrap	roast pork sandwich
chilled chicken fajita pita	Italian style submarine n-19-1	crunchy vegetable burrito

DAY 4	DAY 5	DAY 6
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
sandwich - peanut butter & jelly	sandwich - peanut butter & jelly	sandwich - peanut butter & jelly
NewYork egg salad sandwich	ham salad sandwich - vary bread	salmon salad sandwich
french fries	french fries	french fries
onion rings	onion rings	onion rings
chips - potato w/ flavor options	chips - potato w/ flavor options	chips - potato w/ flavor options
chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine
nacho cheese sauce	nacho cheese sauce	nacho cheese sauce
baked potato bar	baked potato bar	baked potato bar
slice tomato, onion, pickles, lettuce leaves	tomato, onion, pickles, lettuce leaves	tomato, onion, pickles, lettuce leaves
salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 4	DAY 5	DAY 6
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
apple, red & yellow varieties	peach	strawberries
chocolate brownies	coconut raisin drop cookies	chocolate cupcakes frosted
peanut butter cookies	maple nut cupcake, frosted	crispy marshmallow squares
soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties

DAY 4	DAY 5	DAY 6
LUNCH	LUNCH	LUNCH
soup - split pea (no ham)	soup - vegetarian vegetable	soup - tomato
soup - Shrimp Gumbo	soup - Beef Noodle	soup - New England Clam Chowder
stuffed flounder creole w/ shrimp	glazed ham loaf	hot & spicy chicken
beef pot pie w/biscuit top	chicken parmesan breast	oriental tuna patties
cobb salad (encourage 3rd entrée)	roast beef hash (encourage 3rd entrée)	hamburger yakisoba (encourage 3rd entrée)
deviled eggs & pasta primavera (optional 4th entrée)	eggs au gratin (optional 4th entrée)	cheese tortellini marinara (optional 4th entrée)
cream gravy	pineapple sauce	onion gravy
parmesan cheese, sour cream	honey mustard	parmesan cheese, soy sauce
quick baked potato halves or twice baked	italian roasted potatoes	oven browned potatoes
aztec rice	buttered linguine	ginger rice
baked potato bar	baked potato bar	baked potato bar
carrot & celery almandine	collard greens	sesame glazed green beans
peas	yellow wax beans	harvard beets
broccoli	green beans with corn	cauliflower
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
broccoli salad	three bean salad	carrot salad
carrot & pineapple salad	tossed calico garden salad	pimento cheese stuffed celery

DAY 4	DAY 5	DAY 6
LUNCH	LUNCH	LUNCH
apple, red & yellow varieties	peach	strawberries
tangerine/clementine/tangelos	grapes, seedless white	pear, Bartlett red/yellow
hot rolls	french bread twists	corn muffins
whole wheat, rye, wheat berry, whole white bread	whole wheat, pita rounds, wheat berry, whole white bread	whole wheat, rye, sourdough rolls, whole white bread
peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil
marble cake, frosted	maple nut cake, frosted	chocolate cake, frosted
peanut butter cookies	coconut raisin drop cookies	crispy marshmallow squares
vanilla cream pudding	strawberry gelatin w/ fruit cocktail	banana cream pudding
asst'd popsicles	choc covered ice cream drumstick	cherry jubilee sauce/ vanilla ice cream
cherry crunch	ambrosia	banana cream pie
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 4	DAY 5	DAY 6
DINNER	DINNER	DINNER
soup - split pea (no ham)	soup - vegetarian vegetable	soup - tomato
soup - Shrimp Gumbo	soup - Beef Noodle	soup - New England Clam Chowder
mambo pork roast over rice	lemon-pepper catfish	braised beef & noodles
barbeque chicken	swiss steak w mushroom gravy	orange-rosemary-honey glazed pork chops
scalloped salmon & peas (encourage 3rd entrée)	spaghetti w meatballs (encourage 3rd entrée)	chicken cacciatore (encourage 3rd entrée)
red beans w rice - no bacon (optional 4th entrée)	vegetable stuffed peppers (optional 4th entrée)	chilies releno -cheese & refried beans (optional 4th entrée)
chicken gravy	mushroom gravy	brown gravy
red wine vinegar	parmesan cheese, tarragon vinegar	parmesan cheese
mashed potatoes	mashed sweet potatoes	potatoes au gratin
steamed egg noodles	steamed rice	steamed egg noodles
baked potato bar	baked potato bar	baked potato bar

DAY 4	DAY 5	DAY 6
DINNER	DINNER	DINNER
red cabbage w sweet-sour sauce	green beans nicoise	south of the border broccoli
bean combo	squash & carrot medley	lima beans
tangy spinach	Brussels sprouts combo	peas w carrots
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
red wine vinegar		
pasta salad	jellied orange salad	fruit salad
tossed romaine, cucumber, and tomato salad	pineapple cole slaw	potato salad w vinegar dressing
watermelon	apple, green, red & yellow varieties	grapes, red & white
plum, European green Gage oullins	grapefruit, ruby red or yellow	kiwi/star fruit
texas toast	hush puppies	sesame /caraway rolls
whole wheat, rye, wheat berry, whole white bread	whole wheat, pita rounds, wheat berry, whole white bread	whole wheat, rye, sourdough rolls, whole white bread
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine

DAY 4	DAY 5	DAY 6
DINNER	DINNER	DINNER
marble cake, frosted	maple nut cake, frosted	chocolate cake, frosted
cherry crunch	ambrosia	banana cream pie
vanilla cream pudding	strawberry gelatin w/ fruit cocktail	banana cream pudding
asst'd popsicles	choc covered ice cream drumstick	cherry jubilee sauce/ vanilla ice cream
peanut butter cookies	coconut raisin drop cookies	crispy marshmallow squares
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 7	DAY 8	DAY 9
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
pork sausage links	pork sausage patties	sliced ham
breakfast burrito (2 types 1 no pork)	egg & cheese on muffin/biscuit	breakfast burrito (2 types 1 no pork)
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
cottage / home fried potato	grilled potato patties	baked potato pancake
		rice
hot cream of wheat/farina	hot oatmeal (bulk)	hominy grits
indiv variety hot cereals SOP	indiv variety hot cereals SOP	indiv variety hot cereals SOP
french toast	apple fritters	pancakes
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup cinnamon-apple	syrup boysenberry	syrup strawberry
kolaches-apple, cherry, blueberry	raisin bran muffins	doughnuts, longjohns & crullers
hot cross buns	streusel coffee cake	raisin cinnamon bread or twists
bagels, asst'd	cheese biscuits	English muffins, asst'd white/wheat/cinn-raisin
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

DAY 7	DAY 8	DAY 9
BREAKFAST	BREAKFAST	BREAKFAST
GM Total Brown Sugar & Oats	Quaker Life	Quaker Toasted Oatmeal Squares
Quaker Cinnamon Life	GM Multi-grain Chex	GM Multi-Grain Cheerios
Post Grape Nuts	Post Raisin Bran	Kellogg's Frosted Mini Wheats
GM Kix	Kellogg's Rice Krispies	Post Honey Nut Shredded Wheat
Post Honey Bunches of Oats	GM Honey Nut Chex	GM Honey Nut Cheerios
Kellogg Cinnamon Crunch Crispix	Kellogg's Corn Pops	Kellogg's Sugar Frosted Flakes
stewed prunes	peaches	pears
banana	banana	banana
apple, jonagold	apple, crispin / mutsu	apple, stayman winesap
tangerine/clementine/tangelos	honeydew melon	grapes, seedless white
orange juice - 100%	orange juice - 100%	orange juice - 100%
tropical fruit 100% juice	cranberry-apple juice	grape juice
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce

DAY 7	DAY 8	DAY 9
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
chili con carne	chili con carne	chili con carne
soup - cr of broccoli	soup - split pea (no ham)	soup - vegetarian vegetable
soup - Chicken w/ Rice	soup - Beef Barley	soup - Knickerbocker (bean, tomato, bacon)
hamburg/cheeseburger	hamburg/cheeseburger	hamburg/cheeseburger
hotdog/chili dog	hotdog/chili dog	hotdog/chili dog
		simmered brat/knockwurst
corned beef & swiss-vary bread	baked chicken fillet sandwich	cannon (meat)ball sandwich
grilled tuna & cheese	German style Hamwich n-6-1	
oven fried chicken fillets	chicken tenders w/ dipping sauces	southern fried chicken
egg rolls - chinese style	ravioli - choice of beef/cheese	pizza - supreme ; ch & mushroom
roast turkey croissant	Moroccan pockets	chicken pita pocket sandwich
chilled beef fajita pita	Submarine sandwich n-19	roast beef sandwich

DAY 7	DAY 8	DAY 9
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
sandwich - peanut butter & jelly	sandwich - peanut butter & jelly	sandwich - peanut butter & jelly
turkey salad sandwich	NewYork egg salad sandwich	tropical chicken salad L-178
french fries	french fries	french fries
onion rings	onion rings	onion rings
chips - potato w/ flavor options	chips - potato w/ flavor options	chips - potato w/ flavor options
chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine
nacho cheese sauce	nacho cheese sauce	nacho cheese sauce
baked potato bar	baked potato bar	baked potato bar
tomato, onion, pickles, lettuce leaves	tomato, onion, pickles, lettuce leaves	tomato, onion, pickles, lettuce leaves
salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 7	DAY 8	DAY 9
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
apple, red & yellow varieties	plum	watermelon
abracadabra bars	crisp drop cookies	filled cake
snickerdoodle cookies	orange cupcakes, frosted	fudgy brownies
soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties

DAY 7	DAY 8	DAY 9
LUNCH	LUNCH	LUNCH
soup - cr of broccoli	soup - split pea (no ham)	soup - vegetarian vegetable
soup - Chicken w/ Rice	soup - Beef Barley	soup - Knickerbocker (bean, tomato, bacon)
meat loaf	chicken cordon bleu	pork chops w/ apple rings
herbed rock cornish hens	yankee pot roast	caribbean catfish
italian style pasta salad (encourage 3rd entrée)	texas hash w gr turkey (encourage 3rd entrée)	spaghetti w marinara or meatsauce (encourage 3rd entrée)
broccoli quiche (optional 4th entrée)	baked macaroni & cheese (optional 4th entrée)	broccoli cheese rice (optional 4th entrée)
brown gravy	chicken gravy	brown gravy
parmesan cheese, spicy tomato catsup, red wine vinegar	parmesan cheese, balsamic vinegar	parmesan cheese, salsa
mashed potatoes	lyonnaise rice	baked sweet potato
orzo w/ spinach tomato onion	noodles jefferson	tossed green rice
baked potato bar	baked potato bar	baked potato bar
savory bread dressing		
sprouts superba	green beans w corn	asparagus
broccoli combo	club spinach	hacienda green beans
savory style kidney beans	carrot slices	eggplant parmesan
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
perfection jellied salad	apple celery raisin salad	cottage cheese and pear salad
german style tomato salad	tossed red leaf lettuce, cuke, tomato salad	mexican cole slaw

DAY 7	DAY 8	DAY 9
LUNCH	LUNCH	LUNCH
papaya/mango	plum	watermelon
casaba/crenshaw melon	pineapple, fresh slices	plum, European green Gage oullins
toasted parmesan bread	oatmeal rolls	hush puppies
whole wheat, rye, pumpernickel, whole white bread	whole wheat, rye, oatmeal, whole white bread	whole wheat, potato, pumpernickel, whole white bread
peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil
Boston Cream pie	orange cake, frosted	filled cake(Washington pie)
snickerdoodle cookies	crisp drop cookies	fudgy brownies
baked rice pudding	choc chip bread pudding w/ hard sauce	lime gelatin
snickers ice cream bar	marshmallow sauce /choc ice cream	choc-van dixie cup ice cream
apple pie w/ streusel topping	blueberry cobbler	cherry crisp
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 7	DAY 8	DAY 9
DINNER	DINNER	DINNER
soup - cr of broccoli	soup - split pea (no ham)	soup - vegetarian vegetable
soup - Chicken w/ Rice	soup - Beef Barley	soup - Knickerbocker (bean, tomato, bacon)
barbeque ham steak	oriental pepper steak	simmered corned beef
white fish w mushrooms	seafood newburg	creole chicken
stuffed cabbage - gr beef (encourage 3rd entrée)	chulupa (pork) (encourage 3rd entrée)	egg foo young w ham (encourage 3rd entrée)
french bread pizza (optional 4th entrée)	deviled eggs w tuna trio plate (optional 4th entrée)	rice frittata (optional 4th entrée)
cream gravy		brown gravy
parmesan cheese, honey mustard	soy & worcestershire sauces	soy sauce
oven glo potatoes	golden potato balls	boiled parsley buttered potatoes
rice pilaf	long grain wild rice	dirty rice
baked potato bar	baked potato bar	baked potato bar

DAY 7	DAY 8	DAY 9
DINNER	DINNER	DINNER
simmered winter squash	spanish style pinto beans	okra melange
green bean combo	vegetable stir fry	lyonnaise carrots
stewed tomatoes	broccoli	turnips w bacon
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
taco salad	jellied pear salad	macaroni salad
cottage cheese salad w mandarin orange slices	cabbage and carrot slaw w creamy dressing	garden vegetable salad
raspberries & blackberries	pineapple chunks/slices	mixed melon balls
pear, red/green anjou	orange, navel	peach/nectarine
baking powder biscuits	potato rolls	hot rolls
whole wheat, rye, pumpernickel, whole white bread	whole wheat, rye, oatmeal, whole white bread	whole wheat, potato, pumpernickel, whole white bread
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine

DAY 7	DAY 8	DAY 9
DINNER	DINNER	DINNER
Boston Cream pie	orange cake, frosted	filled cake(Washington pie)
apple pie w/ streusel topping	blueberry cobbler	cherry crisp
baked rice pudding	choc chip bread pudding w/ hard sauce	lime gelatin
snickers ice cream bar	marshmallow sauce /choc ice cream	choc-van dixie cup ice cream
snickerdoodle cookies	crisp drop cookies	fudgy brownies
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 10	DAY 11	DAY 12
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
canadian bacon	pork sausage patties	turkey sausage links
Western sandwich	breakfast burrito (2 types 1 no pork)	sausage & biscuit
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
golden potato balls	hashed brown potato	cottage / home fried potato
		rice
hot oatmeal (bulk)	hominy grits	hot oatmeal (bulk)
indiv variety hot cereals SOP	indiv variety hot cereals SOP	indiv variety hot cereals SOP
blueberry waffles	french toast	buttermilk pancakes
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup pecan	syrup blueberry	syrup cinnamon-apple
blueberry muffins	banana nut bread	quick apple coffee cake
kolaches-apple, cherry, blueberry	butterfly cinnamon roll w/glaze	donuts, powdered sugar, glazed, cinnamon
bagels, asst'd	baking powder biscuit	bagels, asst'd
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

DAY 10	DAY 11	DAY 12
BREAKFAST	BREAKFAST	BREAKFAST
GM Total Raisin Bran	GM Total Whole Grain	Quaker Toasted Oat "O's"
Kellogg's Mueslix	Kellogg's Special K	Kellogg's Product 19
Post Honey Nut Shredded Wheat	GM Wheaties	Post Fruit & Fiber
Kellogg's Corn Flakes	GM Team Cheerios	Post Shredded Wheat
GM Lucky Charms	Kellogg's Apple Jacks	GM Cinnamon Toast Crunch
Post Alpha-Bits	Quaker Cap'n Crunch	Post HoneyComb
grapefruit	fruit cocktail	mandarin orange slices
banana	banana	banana
apple, cortland	apple, empire	apple, ida red
pear, Bartlett red/yellow	casaba/crenshaw melon	pineapple, fresh slices
orange juice - 100%	orange juice - 100%	orange juice - 100%
pineapple-grapefruit juice	apple juice w/vit C	berry 100% juice w/vit C
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce

DAY 10	DAY 11	DAY 12
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
chili con carne	chili con carne	chili con carne
soup - minestrone	soup - cream of mushroom	soup - corn chowder
soup - Egg Drop	soup - Tortellini	soup - Manhattan Clam Chowder
hamburg/cheeseburger	hamburg/cheeseburger	hamburg/cheeseburger
hotdog/chili dog	hotdog/chili dog	hotdog/chili dog
	corn dog	
pastrami on rye/pumpernickel	italian veal cutlet sandwich	taco burger
		monte cristo sandwich
cheese fishwich		
turkey fingers w/ sauces L-188	BBQ chicken	chicken tenders w/ dipping sauce
stromboli - chicken & brocc; 4 cheese	pizza- 4 cheese ; pepperoni	egg rolls - Philippine style
ham & cheese sandwich	roast beef croissant	cold cut sandwich
crunchy vegetable burrito	three cheese deli on bulky roll	cream cheese and tomato bagel

DAY 10	DAY 11	DAY 12
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
sandwich - peanut butter & jelly	sandwich - peanut butter & jelly	sandwich - peanut butter & jelly
egg salad sandwich	tuna salad -vary bread	chicken salad pita sandwich
french fries	french fries	french fries
onion rings	onion rings	onion rings
chips - potato w/ flavor options	chips - potato w/ flavor options	chips - potato w/ flavor options
chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine
nacho cheese sauce	nacho cheese sauce	nacho cheese sauce
baked potato bar	baked potato bar	baked potato bar
tomato, onion, pickles, lettuce leaves	tomato, onion, pickles, lettuce leaves	tomato, onion, pickles, lettuce leaves
salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 10	DAY 11	DAY 12
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
apple, green, red & yellow varieties	grapes, red & white	raspberries & blackberries
butterscotch brownies	double cho chip cookies	easy vanilla cupcakes, frosted
chocolate chip cookies	gingerbread	banana split brownies
soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties

DAY 10	DAY 11	DAY 12
LUNCH	LUNCH	LUNCH
soup - minestrone	soup - mushroom	soup - corn chowder
soup - Egg Drop	soup - Tortellini	soup - Manhattan Clam Chowder
steak ranchero	stuffed beef roll w brown gravy	grilled ham steak L-71-2
russian turkey stew w noodles	mexican baked chicken	bombay chicken
chef's salad (encourage 3rd entrée)	tamale pie (encourage 3rd entrée)	lasagna (encourage 3rd entrée)
mushroom quiche (optional 4th entrée)	italian broccoli pasta (optional 4th entrée)	islander rice w red beans (optional 4th entrée)
brown gravy	chicken gravy	pineapple sauce
	parmesan cheese, salsa	parmesan cheese, honey mustard
hacienda potatoes	grilled potato cake	rosemary roasted potato wedges
steamed bow noodles	southwest rice	mediterranean brown rice
baked potato bar	baked potato bar	baked potato bar
herbed broccoli	scaloped cream style corn	southern style kale, collards, turnip greens
cauliflower au gratin	southern style green beans	creole summer squash
mixed vegetables	southern fried okra	green beans
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
confetti rice salad	vegetable salad	waldorf salad
mixed fruit salad	frijoles salad	marinated carrots

DAY 10	DAY 11	DAY 12
LUNCH	LUNCH	LUNCH
apple, green, red & yellow varieties	grapes, red & white	raspberries & blackberries
grapefruit, ruby red or yellow	kiwi/star fruit	pear, red/green anjou
toasted garlic bread	onion rolls	corn bread
whole wheat, sour dough rolls, wheat berry, whole white bread	whole wheat, pita rounds, pumpernickel, whole white bread	whole wheat bulky rolls, rye, wheat berry, whole white bread
peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil
Cheese cake w/ blueberry or cherry topping	gingerbread	easy vanilla cake, frosted
chocolate chip cookies	double cho chip cookies	banana split brownies
orange gelatin	butterscotch cream pudding	coconut cream pudding
mint chocolate sauce/vanilla ice cream	ice cream sandwich	asst'd popsicles
chocolate cream pie	peach pie	key lime pie & lemon meringue pie
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 10	DAY 11	DAY 12
DINNER	DINNER	DINNER
soup - minestrone	soup - mushroom	soup - corn chowder
soup - Egg Drop	soup - Tortellini	soup - Manhattan Clam Chowder
scalloped ham & potatoes	veal paprika steak	grilled steak
creole fish fillets	chipper fish	seafood stew
beef sukiyaki (encourage 3rd entrée)	pork adobo (encourage 3rd entrée)	turkey sausage, beans & greens (encourage 3rd entrée)
spinach lasagna (optional 4th entrée)	baked macaroni & cheese (optional 4th entrée)	vegetable lasagna (optional 4th entrée)
	brown gravy	mushroom gravy
parmesan cheese, worcestershire sauce, spicy mustard	balsamic vinegar	parmesan cheese, steak sauce, horseradish (not w mayo)
o'brien potatoes	homefried potatoes	*twice baked potatoes
steamed rice	filipino rice	orzo w lemon & herb
baked potato bar	baked potato bar	baked potato bar

DAY 10	DAY 11	DAY 12
DINNER	DINNER	DINNER
stewed tomatoes w croutons	peas	orange carrots amandine
corn combo	ratatouille	corn on the cob
peas with mushroom	savory baked beans	sauteed mushrooms & onions
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
cabbage, apple, raisin salad	jellied fruit salad	deviled potato salad
green leaf lettuce, cucumber & tomato salad	cucumber & onion salad	lettuce and tomato salad
pear	peach	plum
muskmelon/cantaloupe	grapefruit, ruby red or yellow	kiwi/star fruit
french bread twists	corn muffins	toasted parmesan bread
whole wheat, sour dough rolls, wheat berry, whole white bread	whole wheat, pita rounds, pumpernickel, whole white bread	whole wheat bulky rolls, rye, wheat berry, whole white bread
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine

DAY 10	DAY 11	DAY 12
DINNER	DINNER	DINNER
Cheese cake w/ blueberry or cherry topping	gingerbread	easy vanilla cake, frosted
chocolate cream pie	peach pie	key lime pie & lemon meringue pie
orange gelatin	butterscotch cream pudding	coconut cream pudding
mint chocolate sauce/vanilla ice cream	ice cream sandwich	asst'd popsicles
chocolate chip cookies	double cho chip cookies	banana split brownies
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 13	DAY 14	DAY 15
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
pork sausage links	canadian bacon	sliced ham
breakfast burrito (2 types 1 no pork)	egg & cheese on muffin/biscuit	grilled ham, egg, cheese sandwich
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
grilled potato patties	baked potato pancake	golden potato balls
		rice)
hominy grits	hot cream of wheat/farina	hot oatmeal (bulk)
indiv variety hot cereals SOP	indiv variety hot cereals SOP	indiv variety hot cereals SOP
waffles	oven baked french toast	pancakes
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup boysenberry	syrup strawberry	syrup pecan
danish pastry bear claws	cinnamon nut turnovers	oatmeal raisin muffins
blueberry bran muffins	date muffins	pecan rolls
cheese biscuits	English muffins, asst'd white/wheat/cinn-raisin	bagels, asst'd
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

DAY 13	DAY 14	DAY 15
BREAKFAST	BREAKFAST	BREAKFAST
GM Total Corn Flakes	GM Total Brown Sugar & Oats	Quaker Life
Kellogg's Crispix	Quaker Cinnamon Life	GM Multi-grain Chex
GM Multi-Bran Chex	Post Grape Nuts	Post Raisin Bran
Kellogg's Mueslix	Kellogg's Smart Start	Banana Nut Crunch
GM Golden Grahams	Post Marshmallow Alpha-Bits	Post Honey Bunches of Oats
Quaker Peanut Butter Crunch	Kellogg's Fruit Loops	Kellogg Cinnamon Crunch Crispix
pineapple	prunes	peaches
banana	banana	banana
apple, northern spy	apple, ribston pippin	apple, ida red
plum, European green Gage	grapefruit, ruby red or yellow	kiwi/star fruit
oullins		
orange juice - 100%	orange juice - 100%	orange juice - 100%
cranberry-grape juice	tropical fruit 100% juice	cranberry-apple juice
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce

DAY 13	DAY 14	DAY 15
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
chili con carne	chili con carne	chili con carne
soup - tomato rice	soup - onion	soup - creole
soup - Beef with Vegetables and Barley	soup - Puree Mongele	soup - Chicken Mushroom
hamburg/cheeseburger	hamburg/cheeseburger	hamburg/cheeseburger
hotdog/chili dog	hotdog/chili dog	hotdog/chili dog
		grilled polish sausage
sloppy joe/bbq beef sandwich	grilled reuben sandwich	Western Sandwich
	grilled cheese(s) -vary bread	
fishwich		
hot & spicy chicken	turkey fingers w/ sauces L-188	southern fried chicken
calzone - sausage ; cheese	ravioli - choice of beef/cheese	pizza - supreme ; ch & mushroom
egg, ham & cheese burrito	submarine sandwich	roast turkey sandwich
cajun chicken sandwich	roast beef sandwich	cream cheese and olive bagel

DAY 13	DAY 14	DAY 15
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
sandwich - peanut butter & jelly	sandwich - peanut butter & jelly	sandwich - peanut butter & jelly
NewYork egg salad sandwich	ham salad sandwich - vary bread	salmon salad sandwich
french fries	french fries	french fries
onion rings	onion rings	onion rings
chips - potato w/ flavor options	chips - potato w/ flavor options	chips - potato w/ flavor options
chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine
nacho cheese sauce	nacho cheese sauce	nacho cheese sauce
baked potato bar	baked potato bar	baked potato bar
tomato, onion, pickles, lettuce leaves	tomato, onion, pickles, lettuce leaves	tomato, onion, pickles, lettuce leaves
salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 13	DAY 14	DAY 15
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
pineapple chunks/slices	mixed melon balls	pear
chewy nut bars	oatmeal choc chip cookies	german choc cupcakes, frosted
sugar cookies	velvet pound cake	peanut butter brownies
soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties

DAY 13	DAY 14	DAY 15
LUNCH	LUNCH	LUNCH
soup - tomato rice	soup - onion	soup - creole
soup - Beef with Vegetables and Barley	soup - Puree Mongelee	soup - Chicken Mushroom
chuckwagon beef stew	cantonese pork spareribs	apple glazed corned beef
southwest shrimp w linguine	herbed baked chicken	blackened fish
cobb salad (encourage 3rd entrée)	beef balls stroganoff (encourage 3rd entrée)	chicken ala king (encourage 3rd entrée)
japanese vegetable stir fry (optional 4th entrée)	pita pizza w mushroom onion green pepper (optional 4th entrée)	spanish rice - no bacon (optional 4th entrée)
na	chicken gravy	onion cream gravy
salsa, brown sugar, cinnamon sugar	parmesan cheese,	spicy honey mustard
hacienda potatoes	paprika buttered boiled potatoes	potatoes and herbs
oriental rice	egg noodles	steamed bow noodles
baked potato bar	baked potato bar	baked potato bar
cauliflower w cheese sauce	oriental stir fried cabbage	okra & tomato gumbo
baked hubbard/acorn/butternut squash	broccoli parmesan	peas w celery
peas	beets	boston baked beans
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
jellied fruit cocktail salad	creamy cole slaw	garden cottage cheese salad
spring salad	tossed vegetable salad	spinach salad

DAY 13	DAY 14	DAY 15
LUNCH	LUNCH	LUNCH
pineapple chunks/slices	mixed melon balls	pear
orange, navel	peach/nectarine	muskmelon/cantaloupe
hard rolls	garlic herb rolls	corn muffins
whole wheat, potato, 8-12 multigrain, whole white bread	whole wheat, rye, pumpernickel, whole white bread	whole wheat, rye, oatmeal, whole white bread
peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil
fruit cocktail upside down cake	Velvet pound cake	german choc cake, frosted
chewy nut bars	oatmeal choc chip cookies	peanut butter brownies
cherry gelatin	tapioca w/ topping	éclair/cream puffs
choc covered ice creamdrumstick	cherry jubilee sauce/ vanilla ice cream	snickers ice cream bar
pumpkin pie/coconut custard pie	choc & vanilla layer pie	apple cobbler
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 13	DAY 14	DAY 15
DINNER	DINNER	DINNER
soup - tomato rice	soup - onion	soup - creole
soup - Beef with Vegetables and Barley	soup - Puree Mongelee	soup - Chicken Mushroom
spicy italian pork chops	pepper steak	hungarian goulash
pineapple chicken	fish amandine	(baked) grilled turkey pattie w swiss cheese & mushrooms
pasta provencal (encourage 3rd entrée)	turkey yakisoba (encourage 3rd entrée)	pork chop suey (encourage 3rd entrée)
cheese pita pizza (optional 4th entrée)	broccoli cheese rice (optional 4th entrée)	southwest sweet potatoes, black beans, corn (optional 4th entrée)
chicken gravy	mushroom gravy	cheese sauce w/ sauteed mushrooms
parmesan cheese	parmesan cheese, steak sauce, soy sauce	soy sauce
mashed potatoes	potatoes au gratin	deviled oven fries
brown rice w tomatoes	orange rice	steamed rice
baked potato bar	baked potato bar	baked potato bar

DAY 13	DAY 14	DAY 15
DINNER	DINNER	DINNER
broccoli polanaise	green beans parisienne	cauliflower parmesan
beets in orange lemon sauce	sweet & sour greens	french style green beans
eggplant parmesan	corn o'brien	carrot & celery amandine
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
kiwi fruit salad	jellied banana salad	apple, celery and pineapple salad
potato salad	german style tomato salad	tossed calico vegetable salad
mango, kiwi & star fruit	apple, red & yellow varieties	grapes, red & white
pear, Bosc/Comice	orange, blood	canary/chinese 'hami' melon
oatmeal rolls	hush puppies	toasted garlic bread
whole wheat, potato, 8-12 multigrain, whole white bread	whole wheat, rye, pumpernickel, whole white bread	whole wheat, rye, oatmeal, whole white bread
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine

DAY 13	DAY 14	DAY 15
DINNER	DINNER	DINNER
fruit cocktail upside down cake	Velvet pound cake	german choc cake, frosted
pumpkin pie/coconut custard pie	choc & vanilla layer pie	apple cobbler
cherry gelatin	tapioca w/ topping	éclair/cream puffs
choc covered ice creamdrumstick	cherry jubilee sauce/ vanilla ice cream	snickers ice cream bar
chewy nut bars	oatmeal choc chip cookies	peanut butter brownies
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 16	DAY 17	DAY 18
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
pork sausage links	pork sausage patties	turkey sausage patties
egg & cheese on muffin/biscuit	breakfast burrito (2 types 1 no pork)	sausage, egg & cheese on muffin/biscuit
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
hashed brown potato	cottage / home fried potato	grilled potato patties Q-48-1
		rice
hominy grits	hot oatmeal (bulk)	hominy grits
indiv variety hot cereals SOP	indiv variety hot cereals SOP	indiv variety hot cereals SOP
waffles	french toast	blueberry pancakes
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup blueberry	syrup cinnamon-apple	syrup boysenberry
quick orange coconut coffee cake	applesauce muffins	pineapple carrot muffin
scones & honey cinnamon muffins	doughnuts, chocolate	twist coffee cake w/ vanilla glaze
baking powder biscuit	bagels, asst'd	cheese biscuits
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

DAY 16	DAY 17	DAY 18
BREAKFAST	BREAKFAST	BREAKFAST
Quaker Toasted Oatmeal Squares	GM Total Raisin Bran	GM Total Whole Grain
GM Multi-Grain Cheerios	Kellogg's Mueslix	Kellogg's Special K
Kellogg's Frosted Mini Wheats	Post Honey Nut Shredded Wheat	GM Wheaties
GM Team Cheerios	Kellogg's Honey Nut Mini Wheats	Kellogg's Smart Start
GM Honey Nut Chex	GM Honey Nut Cheerios	GM Lucky Charms
Kellogg's Corn Pops	Kellogg's Sugar Frosted Flakes	Post Alpha-Bits
pears	grapefruit	fruit cocktail
banana	banana	banana
apple, red delicious	apple, yellow delicious	apple, mcintosh
pear, Bosc/Comice	orange, blood	canary/chinese 'hami' melon
orange juice - 100%	orange juice - 100%	orange juice - 100%
grape juice	pineapple-grapefruit juice	apple juice w/vit C
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce

DAY 16	DAY 17	DAY 18
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
chili con carne	chili con carne	chili con carne
soup - Midwestern Tomato Rice	soup - lentil vegetable	soup - curried vegetable
soup - Split Pea with Ham	soup - Vegetable Beef Supreme	soup - Doubly Good Chicken
hamburg/cheeseburger	hamburg/cheeseburger	hamburg/cheeseburger
hotdog/chili dog	hotdog/chili dog	hotdog/chili dog
		corndog
italian pepper beef sandwich	mexican turkey wrap	moroccan pockets
	grilled ham & cheese	
cheese fishwich		
buffalo chicken	fried chicken fillets	grilled turkey pattie
stromboli - chicken & brocc; 4 cheese	pizza- 4 cheese ; pepperoni	calzone - sausage ; cheese
cold cut w/ cheese sandwich	bacon, lettuce & tomato on french roll	chilled corned beef sandwich on rye
pork roast sandwich	double decker beef & turkey	turkey croissant w/chutney on side

DAY 16	DAY 17	DAY 18
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
sandwich - peanut butter & jelly	sandwich - peanut butter & jelly	sandwich - peanut butter & jelly
turkey salad sandwich	egg salad sandwich	tuna salad -vary bread
french fries	french fries	french fries
onion rings	onion rings	onion rings
chips - potato w/ flavor options	chips - potato w/ flavor options	chips - potato w/ flavor options
chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine
nacho cheese sauce	nacho cheese sauce	nacho cheese sauce
baked potato bar	baked potato bar	baked potato bar
tomato, onion, pickles, lettuce leaves	tomato, onion, pickles, lettuce leaves	tomato, onion, pickles, lettuce leaves
salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 16	DAY 17	DAY 18
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
peach	plum	mango, kiwi & star fruit
ginger molasses bars	chocolate drop cookies	banana cupcakes, frosted
shortbread cookies	applesauce-raisin cupcake	double choc chip bars
soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties

DAY 16	DAY 17	DAY 18
LUNCH	LUNCH	LUNCH
soup - Midwestern Tomato Rice	soup - lentil vegetable	soup - curried vegetable
soup - Split Pea with Ham	soup - Vegetable Beef Supreme	soup - Doubly Good Chicken
baked knockwurst w sauerkraut	tarragon chicken & rice	beef & corn pie w mashed potatoes
chinese 5 spice chicken	veal parmesan	chicken vega w mushroom sauce
chili conquistador (encourage 3rd entrée)	stuffed cabbage roll w gr turkey (encourage 3rd entrée)	jambalaya w shrimp (encourage 3rd entrée)
manicotti w marinara sauce (optional 4th entrée)	monterey egg bake (optional 4th entrée)	veggie egg pocket (optional 4th entrée)
sweet & sour sauce	tomato sauce	chicken gravy
parmesan cheese, spicy mustard	parmesan cheese, balsamic vinegar	parmesan cheese,
	spaghetti noodles	
hot potato salad	mashed potatoes	lyonnaise potatoes
spring garden rice	orzo w spinach tomato onion	steamed linguine
baked potato bar	baked potato bar	baked potato bar
glazed carrots	japanese vegetable stir fry	honey dijon vegetables
tempura vegetables	peas w carrots	eggplant parmesan
sauerkraut	Brussels sprouts polanaise	french fried cauliflower
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
		cranberry orange relish
country style tomato salad	marinated black bean salad	spinach & apple salad
vegetable slaw w creamy dressing	creamy cucumber rice salad	pickled beet & onion salad

DAY 16	DAY 17	DAY 18
LUNCH	LUNCH	LUNCH
peach	plum	mango, kiwi & star fruit
grapefruit, ruby red or yellow	kiwi/star fruit	pear, Bosc/Comice
dill rolls	toasted parmesan bread	texas toast
whole wheat, potato, pumpernickel, whole white bread	whole wheat, rye, wheat berry, whole white bread	whole wheat, pita rounds, wheat berry, whole white bread
peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil
strawberry shortcake (shortbread)	applesauce-raisin cupcake	banana cake, frosted
ginger molasses bars	chocolate drop cookies	double choc chip bars
chocolate cream pudding	raspberry gelatin	coconut bread pudding w/ hard sauce
asst'd popsicles	marshmallow sauce /choc ice cream	caramel sauce/vanilla ice cream
cherry crumble pie	butterscotch cream pie	blueberry crunch
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 16	DAY 17	DAY 18
DINNER	DINNER	DINNER
soup - Midwestern Tomato Rice	soup - lentil vegetable	soup - curried vegetable
soup - Split Pea with Ham	soup - Vegetable Beef Supreme	soup - Doubly Good Chicken
cajun meatloaf gr beef	salmon loaf	barbeque pork spareribs
cranberry glazed chicken	buffalo chicken	chopstick tuna
tuna noodle casserole (encourage 3rd entrée)	beef stroganoff (encourage 3rd entrée)	texas hash w beef (encourage 3rd entrée)
islander rice - no bacon (optional 4th entrée)	broccoli quiche (optional 4th entrée)	black eye peas w rice hopping john - no bacon (optional 4th entrée)
chicken gravy	mushroom gravy	brown gravy
		soy sauce
roasted pepper potatoes	rissole potatoes	glazed sweet potatoes
pasta provencal	steamed egg noodles	georgia rice
baked potato bar	baked potato bar	baked potato bar

DAY 16	DAY 17	DAY 18
DINNER	DINNER	DINNER
peas w onions	asparagus	southern style greens (collards/kale/turnip greens)
green beans creole	calico cabbage	yellow wax beans
whole kernel corn	broccoli	blackeyed peas
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
german cole slaw	jellied pineapple, pear, and banana salad	cottage cheese and tomato salad
cream cheese stuffed celery and peanut butter stuffed celery	lettuce and tomato salad	confetti rice salad
watermelon	apple, red & yellow varieties	pear
pear, Seckel/Forelle	plum, japanese Formosa/satsuma	cherries, sweet bing/benton/rainier
onion rolls	corn bread	hard rolls
whole wheat, potato, pumpnickel, whole white bread	whole wheat, rye, wheat berry, whole white bread	whole wheat, pita rounds, wheat berry, whole white bread
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine

DAY 16	DAY 17	DAY 18
DINNER	DINNER	DINNER
strawberry shortcake (shortbread)	applesauce-raisin cupcake	banana cake, frosted
cherry crumble pie	butterscotch cream pie	blueberry crunch
chocolate cream pudding	raspberry gelatin	coconut bread pudding w/ hard sauce
asst'd popsicles	marshmallow sauce /choc ice cream	caramel sauce/vanilla ice cream
ginger molasses bars	chocolate drop cookies	double choc chip bars
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 19	DAY 20	DAY 21
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
sliced ham	canadian bacon	turkey sausage links
breakfast burrito (2 types 1 no pork)	egg & cheese on muffin/biscuit	breakfast burrito (2 types 1 no pork)
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
baked potato pancake	golden potato balls	grilled potato patties
		rice
hot oatmeal (bulk)	hominy grits	hot cream of wheat/farina
indiv variety hot cereals SOP	indiv variety hot cereals SOP	indiv variety hot cereals SOP
thick slice french toast	buttermilk pancakes	blueberry waffles
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup strawberry	syrup pecan	syrup blueberry
apple coffee cake	oats and fruit breakfast squares	pumpkin patch muffin
fruit puffs	cinnamon twists w/ vanilla glaze	apple fritters
English muffins, asst'd white/wheat/cinn-raisin	bagels, asst'd	cheese biscuits
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

DAY 19	DAY 20	DAY 21
BREAKFAST	BREAKFAST	BREAKFAST
Quaker Toasted Oat "O's"	GM Total Corn Flakes	GM Total Brown Sugar & Oats
Kellogg's Product 19	Kellogg's Crispix	Quaker Cinnamon Life
Post Fruit & Fiber	GM Multi-Bran Chex	Post Grape Nuts
GM Raisin Nut Bran	GM Kix	Kellogg's Rice Krispies
Kellogg's Apple Jacks	GM Cinnamon Toast Crunch	GM Golden Grahams
Quaker Cap'n Crunch	Post HoneyComb	Quaker Peanut Butter Crunch
mandarin orange slices	pineapple	prunes
banana	banana	banana
apple, fuji	apple, rome beauty	apple, gala
pear, Seckel/Forelle	papaya/mango	grapes, seedless red
orange juice - 100%	orange juice - 100%	orange juice - 100%
berry 100% juice w/vit C	cranberry-raspberry juice	tropical fruit 100% juice
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow	creamer, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce

DAY 19	DAY 20	DAY 21
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
chili con carne	chili con carne	chili con carne
soup - Cream of Potato	soup - split pea (no ham)	soup - mexican onion corn
soup - Beef Rice	soup - Chicken Vegetable	soup - Chicken Gumbo
hamburg/cheeseburger	hamburg/cheeseburger	hamburg/cheeseburger
hotdog/chili dog	hotdog/chili dog	hotdog/chili dog
	simmered brat/knockwurst	
hot italian sausage sandwich	monte cristo sandwich	taco burger
		grilled reuben pastrami sandwich
fishwich		
southern fried chicken	buffalo chicken	chicken tenders w/ dipping sauces
ravioli - choice of beef/cheese	pizza - supreme ; ch & mushroom	stromboli - chicken & brocc; 4 cheese
mexican beef wrap	mexican turkey wrap	roast pork sandwich
chilled chicken fajita pita	Italian style submarine n-19-1	crunchy vegetable burrito

DAY 19	DAY 20	DAY 21
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
sandwich - peanut butter & jelly	sandwich - peanut butter & jelly	sandwich - peanut butter & jelly
chicken salad pita sandwich	NewYork egg salad sandwich	salmon salad sandwich
french fries	french fries	french fries
onion rings	onion rings	onion rings
chips - potato w/ flavor options	chips - potato w/ flavor options	chips - potato w/ flavor options
chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels	chips - corn/tortilla/pretzels
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine
nacho cheese sauce	nacho cheese sauce	nacho cheese sauce
baked potato bar	baked potato bar	baked potato bar
tomato, onion, pickles, lettuce leaves	tomato, onion, pickles, lettuce leaves	tomato, onion, pickles, lettuce leaves
salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar	salt, pepper, catsup, mayo, mustard, relish, salad dressings, oil & vinegar
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 19	DAY 20	DAY 21
SHORT ORDER L/D	SHORT ORDER L/D	SHORT ORDER L/D
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
apple, red & yellow varieties	grapes, red & white	watermelon
congo bars	oatmeal raisin nut cookies	jelly roll
peanut butter cookies	spice cupcakes, frosted	choc chip bars
soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties	soft serve ice cream/ frz novelties

DAY 19	DAY 20	DAY 21
LUNCH	LUNCH	LUNCH
soup - Cream of Potato	soup - split pea (no ham)	soup - mexican onion corn
soup - Beef Rice	soup - Chicken Vegetable	soup - Chicken Gumbo
beef pot roast	baked stuffed pork chops	jamaican chicken breast
baked sweet italian sausage	roast turkey	shrimp curry
chicken fajita strips & italian vegetable pasta (encourage 3rd entrée)	creole mac (encourage 3rd entrée)	hamburger parmesan (encourage 3rd entrée)
potato frittata (optional 4th entrée)	deviled eggs w/ tuna trio plate (optional 4th entrée)	mushroom quiche (optional 4th entrée)
brown gravy	turkey gravy	sweet & sour sauce
	cranberry sauce & jelly	parmesan cheese, soy sauce
	apple bread dressing	
garlic cheese potatoes	mashed potatoes	mashed sweet potatoes
sicilian brown rice & vegetables	brown rice w tomato	steamed rice
baked potato bar	baked potato bar	baked potato bar
simmered carrot strips	green beans w mushrooms	corn combo w green beans & carrots
lima beans	hot spiced beets	vegetable stir fry
spanish onion	corn o'brien	baked beans
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
pickled green bean salad	tossed calico vegetable salad	pineapple marshmallow cole slaw
jellied spring salad	cottage cheese & peach salad	zesty rotini pasta salad

DAY 19	DAY 20	DAY 21
LUNCH	LUNCH	LUNCH
apple, red & yellow varieties	grapes, red & white	watermelon
orange, blood	canary/chinese 'hami' melon	pear, Seckel/Forelle
irish soda bread	parker house rolls	sesame /caraway rolls
whole wheat, oatmeal, pumpernickel, whole white bread	whole wheat bulky rolls, rye, wheat berry, whole white bread	whole wheat, potato, wheat berry, whole white bread
peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil	peanut butter, jams, jelly, liquid margarine, olive oil
almond pound cake	spice cake, frosted	jelly roll
congo bars	oatmeal raisin nut cookies	choc chip bars
pineapple cream pudding	banana split	creamy rice pudding
fudge swirl dixie cups ice cream	asst'd popsicle	choc crunch covered van ice cream sticks
apple crisp	peach cobbler	pecan pie i-31 (index?)
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice

DAY 19	DAY 20	DAY 21
DINNER	DINNER	ROAST DINNER
soup - Cream of Potato	soup - split pea (no ham)	soup - mexican onion corn
soup - Beef Rice	soup - Chicken Vegetable	soup - Chicken Gumbo
creole porksteak	italian style rice & beef	baked ham
fish florentine	crab/surimi cakes	roast beef
chili mac (encourage 3rd entrée)	turkey pot pie (encourage 3rd entrée)	chicken rotini salad (encourage 3rd entrée)
spinach tortellini w marinara sauce (optional 4th entrée)	pasta primavera (optional 4th entrée)	japanese vegetables stir fry (optional 4th entrée)
mushroom gravy		au jus
parmesan cheese, soy sauce	honey mustard, balsamic vinegar	steak sauce, horseradish (no mayo)
cajun oven fries	garlic lemon roasted potato wedges	mashed potatoes
shrimp fried rice	wild rice	noodles jefferson
baked potato bar	baked potato bar	baked potato bar

DAY 19	DAY 20	DAY 21
DINNER	DINNER	ROAST DINNER
louisiana style smothered squash	orange carrots amandine	herbed broccoli
south of the border medley - broccoli & cauliflower	lyonnaise wax beans	mexican corn
succotash	Brussels sprouts	spanish onions
salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets	salad bar, greens & 10 toppings, 2 lo-fat & 5 reg dressings plus oil&vinegar cruets
kidney bean salad	jellied strawberry salad	potato salad
cabbage, apple, celery salad	spinach & mushroom salad	tossed lettuce, cucumber, & tomato salad
orange	apple, red & yellow varieties	peach
honeydew melon	tangerine/clementine/tangelos	grapes, seedless white
garlic herb rolls	corn muffins	dill rolls
whole wheat, oatmeal, pumpnickel, whole white bread	whole wheat bulky rolls, rye, wheat berry, whole white bread	whole wheat, potato, wheat berry, whole white bread
peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine	peanut butter, jams, jelly, liquid margarine

DAY 19	DAY 20	DAY 21
DINNER	DINNER	ROAST DINNER
almond pound cake	spice cake, frosted	jelly roll
apple crisp	peach cobbler	pecan pie i-31 (index?)
pineapple cream pudding	banana split	creamy rice pudding
fudge swirl dixie cups ice cream	asst'd popsicle	choc crunch covered van ice cream sticks
congo bars	oatmeal raisin nut cookies	choc chip bars
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice